

## ASPARAGUS SOUP

3 pounds asparagus  
3 leeks  
2 Tablespoons butter or olive oil  
6 cups chicken or vegetable stock  
Juice of one lemon  
Sea salt and black pepper, to taste  
Minced parsley

Prepare asparagus: remove ends. Cut off 1 inch of the asparagus tips, slice diagonally into thin slivers, and reserve. Cut the remaining asparagus into 1 inch lengths, set aside.

In a heavy-bottomed stock pot, melt butter or olive oil over medium heat. Add leeks, white part only, cleaned and sliced. Cook until translucent, about 5 minutes.

Add the asparagus pieces (not the tips) and the stock. Bring to a boil over high heat, reduce to simmer until asparagus is tender, about 10 minutes.

Remove from heat and allow to cool slightly. Puree mixture with a hand blender or in small batches in a blender. Add lemon juice and season with salt and pepper.

To serve, bring soup to a simmer, and add the reserved asparagus tips. Cook 2 to 3 minutes until tips are softened. Serve soup in a bowl topped with a sprinkling of minced parsley.



Eat in Peace Wellness Consulting

Charlotte Skiles, MS

Clinical Herbalist  
& Nutrition Consultant

[www.charlotteskiles.com](http://www.charlotteskiles.com)